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Erasmus+



2022 I

Healthy Body, Healthy Mind



Erasmus +

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Healthy Body, Healthy Mind



January/Enero

1st January

Happy New Years ; Feliz año nuevo!

The first day of the new year. Everybody was looking forward to celebrating 2021 and left back 2020 due to COVID.

5th January: The night of the three wise men

There are Parades of the Three wise men all over Spain. Children are nervous and excited about the “ Tres Reyes Magos” who will bring presents to children.



6th January “Three wise men Day”

The most special day for children in Spain. Three wise men leave presents for all the children.

30th January International Peace Day

In Spain it is celebrated the 30th January, the same day for the School day of no violence and Peace.



RECIPÉ ROSCÓN DE REYES (SPANISH KING'S CAKE)



INGREDIENTS

- 350 grams of baking wheat flour.
- 25 grams of fresh yeast.
- 125 ml of fresh milk.
- 100 grams of sugar.
- 75 grams of butter (left at room temperature for soft malleable texture)
- 1 whole egg
- 1 egg yolk.
- orange zest.

METHOD

- Dissolve 1 tablespoon of sugar and yeast in warm milk. Cover and set aside for 30 minutes in a warm place until foam forms on the surface.
- Mix the flour with the citrus zests, the remaining sugar and the diluted yeast. Then add the softened butter, egg yolks, rum, and orange blossom water. Knead for 3 minutes.
- Stir in the salt and knead until the dough comes off the sides of the bowl.
- If the dough really looks too sticky, adjust by adding very little flour at a time. The softer and stickier the dough is, the softer and airy the brioche will be. The dough must absolutely not be compact.
- Cover the dough and allow it to rise in a warm, dry place, away from drafts for 3 hours. The dough must have at least doubled in volume.
- On a work surface, degas the dough for less than a minute.
- Divide the dough into three pieces and form three crowns with a large hole in the center.
- Place the wreaths on a baking sheet lined with parchment paper.
- Cover the dough with a cloth and let it rise again in a warm and dry place, away from drafts for 45 minutes. The crowns must double in volume.
- Preheat the oven to 320F/160C.
- Mix the egg yolk and the milk, and brush the whole roscón of reyes.
- Decorate with candied fruits and pearl sugar.
- Cook for about 30 minutes

January/Enero

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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4	5		7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31
						

February/Febrero

11th February Safer Internet Day

It is organised to promote safer and more responsible use of technologies.

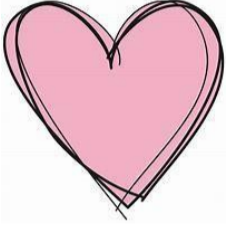
CEIP Trepalio in Spain is aware of the risks of Internet and very year organises activities for the 10-12 years old.

Children learn how to deal with the problems found in Internet. We use printable posters, tales, powerpoints...

14 th February Happy Saint Valentines Day

It is a day for expressing love and affection. It is important to teach our pupils to express their feelings.

We organise at CEIP Trepalio a contest among our pupils called “ Letters with love” and “Pictures with love”



13th- 16th February Carnival

Carnival is a big celebration in many parts of Spain. Last year we disguised with characters of Traditional tales and we had a parade in the streets of Trobajo del Camino. So much fun!



RECIPÉ “OREJAS DE CARNAVAL” (A typical dessert for Carnival)

Ingredients:

- 1 egg
- 1/2 cup light olive oil
- 1 cup natural orange juice
- pinch of salt
- 1/2 teaspoon baking powder
- all purpose flour
- Sunflower oil, for frying
- white sugar and cinnamon, for coating the orejas


Method:



- Mix all the ingredients in a bowl and knead until the dough doesn't stick
- Put the dough onto a surface lightly floured and knead for some minutes.
- Let settle for half and hour approx.
- Spread the dough very thin and cut into pieces the shape and size you wish. Fry in plenty of oil.
- Drain and sprinkle with sugar.



February/Febrero

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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15 	16	17	18	19	20	21
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March/Marzo

8th March: International Women's Day (IWD) is celebrated on the 8th of March every year around the world. It is a focal point in the movement for women's rights. To celebrate the day in Italy, men give yellow mimosas to women. Communist politician Teresa Mattei chose the mimosa in 1946 as the symbol of IWD in Italy because she felt that the French symbols of the day, violets and lily-of-the-valle, were too scarce and expensive to be used effectively.



14th of March: π Day Pi Day is an annual celebration of the mathematical constant π (pi). Pi Day is observed on March 14 (3/14 in the month/day format) since 3, 1, and 4 are the first three significant digits of π . In 2009, the United States House of Representatives supported the designation of Pi Day. Our School got in the *Guinness, a Book of World Records* for the longest human chain of in the world. The city of Todi is officially in the Guinness Book of Records. In fact, the Guinness World Record formally validated the record achieved during the Pi Greek Day event on the 14th of March 2017, the day in which the "mathematical reflection" was able to bring together the community of Todi in a beautiful party initiative and participation.



RECIPE: TOMATO AND BASIL SPAGHETTI

A symbolic dish of Italian cuisine, with the typical ingredients of our Country: tomato and basil spaghetti. Spaghetti with tomato sauce is an institution, a simple but healthy recipe.

17th March: Anniversary of Italian unification

The anniversary of the unification of Italy is a celebration that falls annually on the 17th of March and celebrates the birth of the Italian State, which took place following the proclamation of the Kingdom of Italy in 1861.



21st March: elimination of racial discrimination

The International Day for the Elimination of Racial Discrimination is observed annually on the 21st of March. On that day, in 1960, police opened fire and killed 69 people at a peaceful demonstration in Sharpeville, South Africa, against the apartheid pass laws. In 1979, the General Assembly adopted a programme to combat racism and racial discrimination. On that occasion, the General Assembly decided that a week of solidarity with the peoples struggling against racism and racial discrimination, beginning on the 21st of March, would be organized annually in all States.



INGREDIENTS

Spaghetti 320 g

TO SEASON

Peeled tomatoes 800 g

Extra Olive Oil 30 g

1 clove garlic

Basil to taste

Salt up to taste

To prepare spaghetti with tomato sauce, start by preparing the sauce. In a pan, pour the extra virgin olive oil together with the peeled garlic clove. After 2 minutes of cooking over high heat, add peeled tomatoes and salt.

Cover with a lid and cook for at least 1 hour over very low heat: the sauce should simmer gently. Stir from time to time. After the indicated time, remove the garlic and pass the tomatoes through a vegetable mill, so as to obtain a smooth and homogeneous puree.

Transfer the sauce back to the pan, turn on the heat very low and add the basil leaves. After a few minutes you can turn off the sauce and keep warm. At this point you just have to cook the pasta in plenty of boiling salted water.

Drain the spaghetti al dente directly into the sauce and stir for a few moments over high heat to mix everything together. Your spaghetti with tomato sauce are ready, you just have to serve and garnish with fresh basil to taste!

March/Marzo

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	2	3	4	5	6	7
8 International Women's Day	9	10	11	12	13	14 Pi Day
15	16	17 Anniversario dell'Unità d'Italia	18	19	20	21 Elimination of racial discrimination
22	23	24	25 Celebration of the Greek Revolution	26	27	28
29	30	31				

April/Nisan

National Sovereignty and Children's Day

It was given to the children of the world by the Turkish Grand National Assembly, which was established on 23 April 1920. Eid is the national sovereignty of the Republic of Turkey.



Atatürk gave this holiday not only to Turkish children but also to children all over the world. Children come from over 40 countries every year April 23, and this holiday is celebrated together.

Atatürk gave this holiday as a gift to tell the children who are the architects of the future and to make them forget.

On April 23, schools are holidays every year and children celebrate this holiday.

April Fools' Day

April Fools' Day or April Fool's Day is an annual custom on April 1 consisting of practical jokes and

hoaxes. Jokesters often expose their actions by shouting "April Fools!"

Mass media can be involved in these pranks, which may be revealed as such the following day. The day is not a public holiday in any country. The custom of setting aside a day for playing harmless pranks upon one's neighbour has been

World Health Day

The World Health Day is a global health awareness day celebrated every year on 7 April, under the sponsorship of the World Health Organization (WHO), as well as other related organizations.



In 1948, the WHO held the First World Health Assembly. The Assembly decided to celebrate 7 April of each year, with effect from 1950, as the World Health Day. The World Health Day is held to mark WHO's founding and is

seen as an opportunity by the organization to draw worldwide attention to a subject of major importance to global health each year. The WHO organizes international, regional and local events on the Day related to a particular theme. World Health Day is acknowledged by various governments and non-governmental organizations with interests in public health issues, who also organize activities and highlight their support in media reports, such as the Global Health Council.

Manti

Manti is one of my favorite Turkish traditional dishes. Manti is very popular and common in Turkey. It takes time to prepare, but it's really worth of your time! You should try it to taste a real Turkish flavor. Preparing manti is very fun and easy if you make it a team work.

Ingredients:

3-3 ½ cups flour 1 egg
2/3 cup lukewarm water 1 tsp salt to taste

Filling:

250 gr ground beef
1 onion, finely chopped/shredded
½ tsp salt to taste
½ tsp black pepper

For cooking:

8 cups water
1 tsp salt

Sauce:

2 cups yogurt
3-4 cloves of garlic, minced
¼ tsp salt to taste
3-4 tbsp butter/oil
1 tbsp tomato paste/2/3 tsp paprika 2-3 tbsp water
Dried mint
Sumac



In a bowl place the flour, crack the egg and add the salt and water. Then knead till you get a firm and smooth dough. Knead for about 8-10 minutes. Make sure to make it firm to flatten easily later. Cover it with a damp towel or cloth and leave for a rest (15-30 minutes).

Meanwhile in a plate mix all the filling ingredients and set aside.

Divide the dough into 2-3 pieces, take one piece and place on the floured counter. Cover the rest of the dough. Then with a rolling pin flatten the dough as thin as you can (as thick as the ridge of a knife). Then, cut it with a knife or roulette into ¾ inch (1 ½-2 cm) square pieces (see the picture). Then place ¼ tsp filling over each square (see the picture). Then stick the both traverse edges diagonally, by pressing with your finger tips (see the picture). Do the same procedure for the remaining dough.

For cooking, boil the water in a big pot and add salt. Then add all the manti into the boiling water. Stir occasionally with a wooden spoon to prevent them sticking to each other. Make sure not to close the lid. Cook over medium heat till manti gets soft (for about 10-15 minutes).



Meanwhile prepare the sauce. In a bowl mix yogurt, salt and garlic. In a small pan; melt the butter/oil and stir in tomato paste and water. Cook for 2 minutes over low heat. If you prefer using paprika, just add paprika into melted butter/oil and turn the heat off after one minute. Do not add water while using paprika.

Drain the cooked manti and transfer it into serving plates. Let it cool for a while and pour the yogurt sauce over.

Finally pour about one tbsp of butter/oil mixture all over (adjust the amount as you like). And if desired sprinkle some dried mint and sumac over the Turkish Dumplings.

This recipe makes 6-7 servings. ENJOY

April/Nisan

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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Labour Day:

Labour Day is an annual holiday to celebrate the achievements of workers. Labour Day has its origins in the labour union movement, specifically the eight-hour day movement, which advocated eight hours for work, eight hours for recreation, and eight hours for rest.

For most countries, Labour Day is synonymous with, or linked with, International Workers' Day, which occurs on 1 May. For other countries, Labour Day is celebrated on a different date, often one with special significance for the labour movement in that country. Labour Day is a public holiday in many countries.

The Commemoration of Atatürk, Youth and Sports Day

The Commemoration of Atatürk, Youth and Sports Day, or simply Atatürk Commemoration or Youth and Sports Day, is an annual Turkish national holiday celebrated on May 19 to memorialize the start of the Turkish War of Independence. May 19, 1919 is the day Mustafa Kemal Atatürk, then Mustafa Kemal, who would become independent Turkey's first president, landed on the main peninsula of Turkey to begin leadership of the liberation effort. Atatürk himself proclaimed May 19 as "Youth and Sports Day." in 1938. In the aftermath of Atatürk's monumental legacy the day serves to honor the country's founder. Various sports events take place on May 19 throughout Turkey. Many people celebrate this day by watching athletes perform at their local stadiums or by participating in sports events that are open to the public, such as half-marathons. Many Turks also observe May 19 as Atatürk's birthday. Although the exact date of his birth is not known, Atatürk used to say he was born on May 19.



Many people lay wreaths to Atatürk's monuments and hang Turkish flags outside their windows.

Ramadan Feast

The month of Ramadan has got a huge place in Muslims' lives. It is the 9th month of Islamic calendar. One of the necessities of Islam, religious fasting is carried out in this month.

Meanwhile, the month of Ramadan is the period that the Quran was started recording. The night that this process started is called "Oadr Night". It is stated in the Quran that this night



May/Mayis



Pistachio Turkish Baklava Recipe

Rolled Baklava Recipe

One of the most coveted baklavas of them all is pistachio baklava made with bright green, raw pistachio nuts.

If you wish, you can substitute the pistachios with ground walnuts or hazelnuts for a more economical version of this recipe. Go ahead and experiment with different nuts to give you different flavors.





Ingredients

Syrup: 4 cups of water, 3 cups of sugar, Juice of 1/2 lemon
 Baklava: 36 leaves fresh or frozen packaged phyllo dough (14 x 18- inch size),
 1/2 pound (300 grams) unsalted clarified butter,
 1/2 pound (300 grams) raw, hulled pistachio nuts, ground to a powder, 2 tablespoons sugar

Directions

- ♥ Begin by making the syrup. You'll pour over the hot baklava later on. Combine the water, sugar, and lemon juice in a small saucepan, bring the mixture to a boil and let it simmer slowly uncovered while you prepare the rest of the baklava.
- ♥ Prepare the butter.
- ♥ Mix the ground pistachio nuts with 2 tablespoons of sugar. Brush the bottom of your baking pan with butter and sprinkle a few pinches of the ground pistachio nuts over the butter.
- ♥ Take your first layer of phyllo and set it in place. Working quickly, brush the entire piece of phyllo with the butter. Repeat in the same manner with 18 leaves of phyllo.
- ♥ Once you've buttered the 18th layer, use all of the ground pistachio mixtures to make an even layer going all the way to the edges of the pan.
- ♥ Place another layer of phyllo over the nuts and butter it. Repeat until you finish the last layer. If you have extra butter left, set it aside.
- ♥ Using a sharp knife or a pastry cutter, gently cut the baklava into even squares or diamond shapes. If you're using a round pan, you can cut it into large, narrow slivers.
- ♥ Drizzle the leftover butter over the top. Place the pan in a preheated 395° F/200° C oven and set the timer for 45 minutes.
- ♥ Once the baklava is in the oven, remove the syrup from the heat and leave it to cool down.
- ♥ Bake the baklava for about 45 minutes, or until the layers puff up high and the top layers are golden, crispy and translucent.

May/Mayis

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June / Giugno

RECIPE: MARGHERITA PIZZA

INGREDIENTS FOR 2 PIZZAS OF 28 CM IN DIAMETER

Manitoba flour 200 g
00 flour 300 g
Water 300 ml
Extra virgin olive oil 35 g
Salt up to 10 g
Fresh brewer's yeast 5 g

TO SEASON

Tomato pulp 500 g
Mozzarella cheese 400 g
Dried origan
Salt up to taste
Basil to taste
Extra virgin olive oil



To prepare the margherita pizza, first start making the basic dough. Pour the water at room temperature into a jug, add the yeast 1 and mix with a teaspoon so that it melts completely. You can knead by hand but if you prefer you can also make the basic dough in a planetary mixer, using the hook and operating it at medium-low speed. Then in a bowl combine the two flours then add about half of the water flush, kneading gradually with your hands. Also add the salt and the remaining part of water.

Continue to work the mixture with your hands until you get a uniform result. At this point add the oil, always a little at a time, continuing to knead in order to facilitate its absorption. Then transfer the dough on a surface and knead vigorously for a few minutes until it is smooth and elastic. Once you have obtained a nice smooth dough, let it rest on the work surface for about ten minutes. Transfer the dough into a bowl, cover with cling film and let it rise.

When the dough has risen well, transfer it to a surface by gently inverting the bowl and divide it in half. Give the two doughs a round shape again, then transfer them to a tray and let them rest for another half hour. Meanwhile, preheat the oven to 250 ° in static mode and take care of preparing the ingredients for the filling. First place a colander on a bowl and with frayed hands the mozzarella, placing it gradually in the colander. This way you will lose all the excess serum. Pour the tomato pulp into another bowl and season with salt, a spin of oil and origan. Mix everything and as soon as 30 minutes have passed, resume the dough.

Put a layer of flour on the work surface and place one of the two dough on it. With your hands press it lightly, then spread it out. Lightly grease a pan with a diameter of 28 cm and place the dough inside with the help of your hands to give it a regular shape. Sprinkle with half the tomato and bake in a preheated static oven at 250 ° for 6-7 minutes, on the central shelf.

After this time, take the pizza out of the oven, add mozzarella cheese and bake again for 6-7 minutes at the same temperature. Then take your margherita pizza out of the oven and garnish with fresh basil leaves.



2nd June: Anniversary of Italian Republic The Italian Republic Day is an Italian national celebratory day set up to commemorate the birth of the Italian Republic. It is celebrated every year on the 2nd of June, the date of the institutional referendum of 1946, with the main celebration taking place in Rome. The Italian Republic Day is one of the Italian national symbols. The ceremonial of the event organized in Rome includes the deposition of a laurel wreath in homage to the Unknown Soldier at the Altare della Patria by the President of the Italian Republic and a military parade along Via dei Fori Imperiali. After the performance of the Hymn by Mameli, the Freccie Tricolori cross the skies of Rome.

6th June: The Youth Games in Italy The Youth Games, organized by the C.O.N.I. (Italian National Olympic Committee), take place between May and June. They represent a sporting event dedicated to sport and to younger children. It is a prestigious and nationally recognized event. The protagonist of the Games is sportsmanship and less competitiveness.

During the Youth Games period, sporting events are held in Italy, especially related to athletics: running, high and long jump, shot put, vortex and team sports such as volleyball, basketball, football as well as swimming. In recent years, in Todi, the sporting event "The fastest in Todi" has been held, which elects the fastest among the boys and girls of the Primary Schools of Todi.



June/Giugno

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1	2 Festa della Repubblica Italiana	3	4	5 World Environment Day	6 GIORNATA NAZIONALE DELLO sport
	8	9	10	11 Festa della pizza Margherita	12	13
14	15	16	17	18	19	20
21 Festa della Musica	22	23	24	25	26	27
28	29	30				

July/Iulie

International Joke Day falls at the halfway point in the year on July 1st. The day encourages laughter. What better way to start the second half of the year than by chuckling and with a smile? The laughter produced by a good joke is a universal human experience. All cultures and all peoples laugh, and a good joke is one way to prompt laughter. **And with that laughter comes good health.**



Every year on July 7th, **World Chocolate Day** allows chocolate lovers around the world to indulge in their favorite treat without any guilt.



World Population Day is an annual event, observed on July 11 every year, which seeks to raise awareness of global population issues. The event was established by the Governing Council of the United Nations Development Programme in 1989.

International Day of Friendship was designated by the United Nations General Assembly (UN). On July 30, we step back and get thankful for those relationships worldwide, as they promote and encourage peace, happiness, and unity.



WHAT GOES INTO THIS ROMANIAN BOEUF SALAD:

1. Meat- Beef, chicken or turkey
2. Potatoes
3. Carrots
4. Parsnip
5. Celeriac
6. Peas
7. Pickles
8. Mayo
9. Mustard
10. Salt and pepper



July/Iulie

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1 International JOKE DAY 1st July	2	3	4
5	6	7 WORLD CHOCOLATE DAY	8	9	10	11 WORLD POPULATION DAY
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30 International Friendship Day	31	

August / Avgoustos

Yummyyy! Let's eat healthy!

Cheese pies

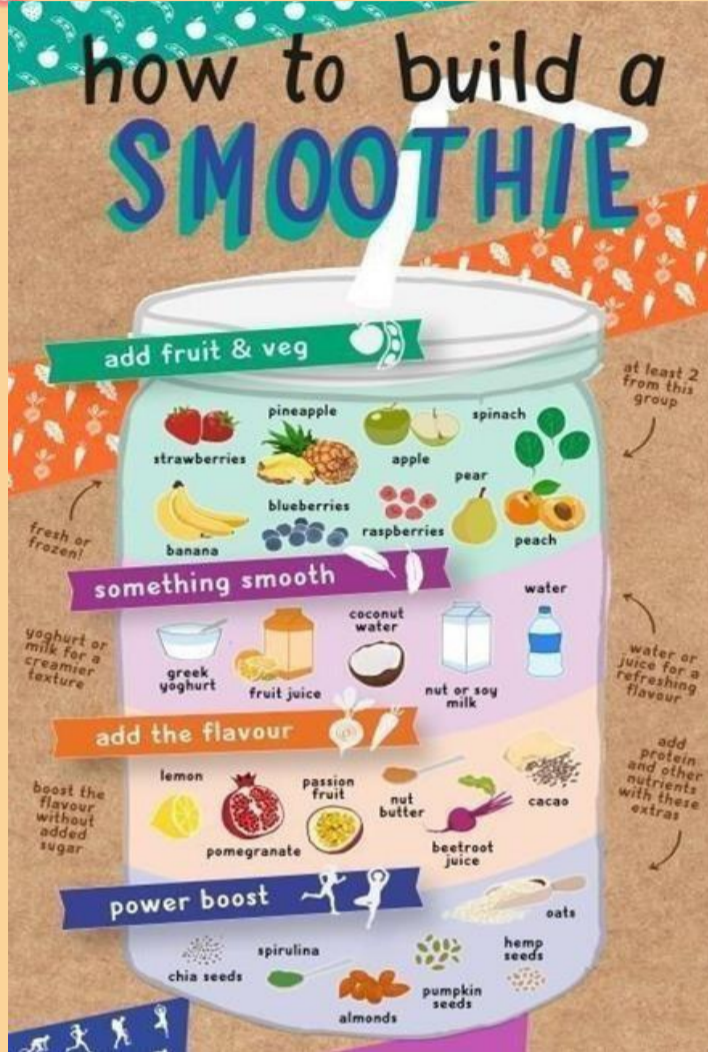
1 cup yogurt , 1egg ,
1 cup sunflower oil ,
1tsp salt , 1tsp sugar ,
self-raising flour



- Mix the first five ingredients
- Add self-raising flour so much as it takes to make a soft dough.
- Make small balls and open each one with your hands to make a little pie
- Fill them with grated feta cheese or whatever filling you want
- Close the pies, spread egg on them and sprinkle sesame seeds.
- Bake in preheated oven at 180°C for about 30' -35'

Banana-Oat Muffins

(Makes 12)



Healthy bars for school

2/3 cup honey
1/4 cup brown sugar
1/4 cup cocoa powder
1/2 tsp. salt



- 1/2 tsp. vanilla
1/2 cup tahini or peanut butter ,
2 cups corn flakes or rice flakes ,
2 cups oats , 1 cup chocolate drops .
- Melt the honey with the tahini and sugar at a low temperature
 - Add the cocoa powder, the vanilla and the salt.
 - Add the oats and the cereals until the mixture is firm. Add the chocolate drops.
 - Once thoroughly mixed, transfer to a baking sheet lined with aluminum foil and greased with sun flower oil.
 - Press down firmly until flattened on the baking sheet and sprinkle with the rest of the chocolate.
 - Cover with baking paper and put it in the fridge for at least 3 hours.
 - Remove the foil and cut into pieces

August / Avgoustos

Monday Tuesday Wednesday Thursday Friday Saturday Sunday

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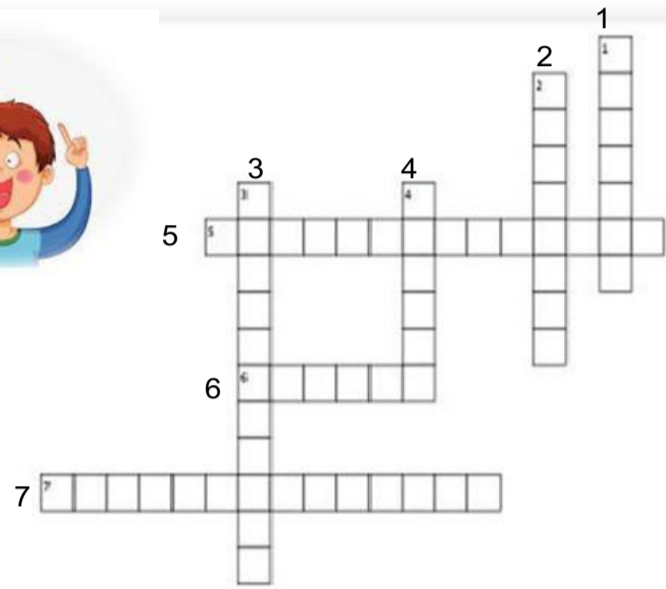
Aug 15 It is an official religious holiday in Greece, also called 'the Easter of the summer'. It celebrates the Assumption of Virgin Mary's Holy Body to Heaven. A lot of Divine Liturgies and traditional festivals take place across the whole country

September/Septemvrios

SEARCH AND FIND...

Here are seven activities that are great for you. They can help you stay healthy, happy and have a lot of fun in contact with the nature - mountain and sea.

You can experience these activities and a lot more at Mount Pelion in Volos.



Down



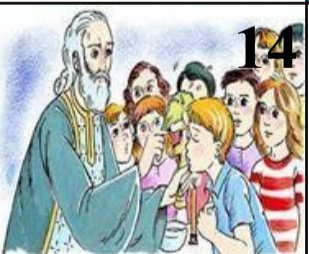
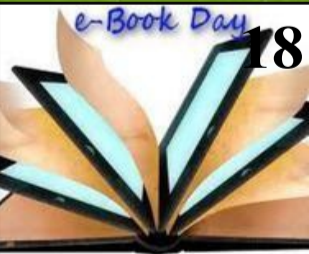



- 1. It's windy today. Let's go
- 2. You need a paddle to exercise
- 3. At the beach with our four-legged friends
- 4. Walking through the mountain paths

Across

- 5. Activity on two wheels
- 6. In the boat we paddle like the 'Argonauts'
- 7. Slide down the snow covered slopes



September/Septemvrios

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1	2	3	4	5
6	7	 8	9	10	 11	12
13	 14	15	16	17	 18	19
20	21	 22	23	24	25	 26
27	28	 29	30	30 Sept 14 Exaltation of the Holy Cross Day (Religious feast) In Jerusalem, St. Helen, Great Constantine's mother, found the Holy Cross, led by the rich scent of basil, an aromatic plant that grew in that place. Every year, the priest immerses the Holy Cross and the basil into the water and sprinkles everyone, school students as well, blessing them to have health and strength.		

October/Octubre

CAMINO DE SANTIAGO SAINT JAMES WAY

The **Way of Saint James** has been, and keeps on being, definitely, the most ancient route, more busy and more celebrated of the old continent. **Santiago** also has shared the attraction of the hikers and walkers of all time but, besides, has created a route, has done a **Way**. To Santiago can arrive of a lot of ways. But the best form to come is by the **Way of Saint James**.

CEIP TREPALIO is in a village called Trobajo del Camino (outskirts of León (North West of Spains) and it is one of the villages of the Camino. So many pilgrims crosses our village everyday.



All the routes reaching to Santiago



Following this signs you can follow the way
Hike, bike or ride a horse
It's an awesome way to be active.

5th October. Saint Froilan Feast in León

Thousands of people flock to the Shrine of the Virgen del Camino to take part in this procession in honour of the patron saints of León - Saint Froilan and the Virgin of El Camino. Seemingly endless queues form to kiss the Virgin's cloak, touch the Saint's nose and stroll around the streets packed with stalls



12th October Día de la Hispanidad

It is an annual public holiday in Spain.

It commemorates when Christopher Columbus first set foot in America in 1492.

31st October Halloween

Halloween is becoming very popular in Spain. We do a Pumking decoration

contest at school. We had so much fun!



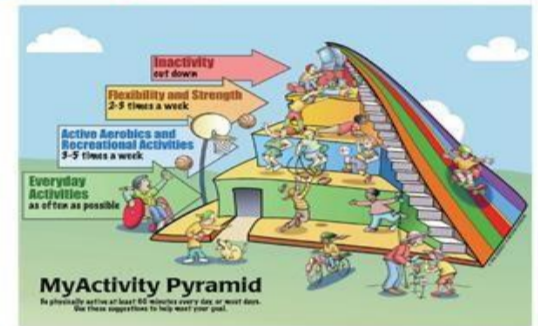
October/Octubre

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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25	26	27	28	29	30	

November / Noemvrios



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	+ 1tsp honey	+ 1 slice of home made cake	+	1 glass of milk + 2 rice cakes + 2tsp honey + 2tsp tahini	+ 5tbs cereals + 1tsp honey	+ 2 crisp breads with butter and jam	+ 1 slice of bread +
BRUNCH	+ Toast with cheese - turkey	1 portion of spinach pie + 1 apple	1 bread with raisings +	+	Toast with cheese and turkey+ 2 tangerines	1 oat bar (see August recipes) 4 walnuts + 1tbs raisins	3 whole grain crackers +
LUNCH	+Season salad +1 slice of bread	+Season salad +Baked potatoes	1 portion of lentils + White cheese+ Season salad + 1 slice of bread	spaghetti with tomato sauce + Season salad	1 portion green beans + White cheese + 1 slice of wholegrain bread	1 portion of + 2 boiled potatoes + Season salad	1portion of beef + 1,5 cup of potatoes or rice + Season salad
SNACK	+ 1 apple + honey + 10 almonds	1 whole grain bar + smoothie (see August recipes)	2 cheese pies (see August recipes) + 2	+ 4 walnuts	Banana oat muffin (see August recipes) +	1 apple with cinammon + + honey + 2 breadsticks	1 whole grain bar+
DINNER	Omelet (2 eggs and mushrooms) + season salad + 1 slice of bread		Barley rusk + sliced tomato + cottage cheese + olive oil and oregano	2 turkey sausages + 1 pita bread + season salad	1 chicken skewer + 1 pita bread + Season salad + mustard	1 portion spinach pie	Toast with cheese and turkey +
EXERCISE <i>1 hour every day</i>							



November/Noemvrios

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	2	3	4	5	6	7
8	9	10	11	12	13	14 DIABETES
15	16	17	18	19	CHILDREN'S DAY 20	21
22	23	24	25	26	27	28
29	30	<p>The Nov 8: The Orthodox Church always honors the angelic powers represented by the archangels Michael and Gabriel. Archangel Michael is the patron saint of the Air Force. On this day Air Bases across the country are open to the public and various events and educational school visits take place. Some high school students have the chance to get on a fighter plane and fly with the pilot!</p>		<p>Nov 17 The polytechnic uprising began on November 14, with the take-over of the Athens Technical University by students. It ended with bloodshed and deaths on the morning of November 17, when a tank entered the University. It was the beginning of the fall of the dictatorship and the restoration of democracy in our country. The uprising is celebrated at schools every year .</p>		

December/Decembrie

A sweet Christmas treat

1st December - Great Union Day is a national holiday in Romania, celebrated on 1 December, marking the unification of Transylvania, Bessarabia, and Bukovina with the Romanian Kingdom in 1918. This holiday was declared after the Romanian Revolution and commemorates the assembly of the delegates of ethnic Romanians held in Alba Iulia, which declared the Union of Transylvania with Romania



25th December - Christmas, a Christian holiday honoring the birth of Jesus, has evolved into a worldwide religious and secular celebration, incorporating many pre-Christian and pagan traditions into the festivities.



- Ingredients:
- 1 cup milk
 - 1/3 cup white sugar
 - 1/3 cup butter
 - 1 tablespoon active dry yeast
 - 4 cups all-purpose flour
 - 1/2 teaspoon salt
 - 2 eggs



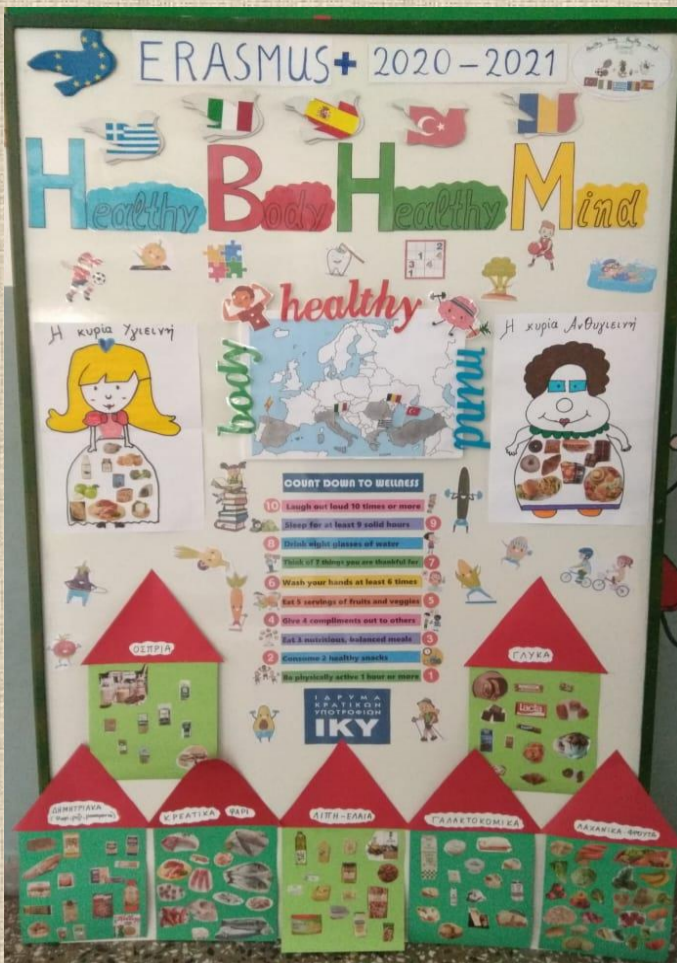
December/Decembrie

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		 1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	 25	26
27	28	29	30	 31		



Greece

3rd Primary School of New Ionia



Turkey
TURKAN DERELI
ILKOKULU



Spain
C.E.I.P. TREPALIO



Italy
Direzione Didattica
di Todi
Scuola Primaria di
Collevalenza





Romania

Scoala Gimnaziala Numarul 5



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